



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

CANNED TUNA GOLDEN ANNIVERSARY

National Tuna Week will be celebrated November 5 to 14, the 50th Anniversary of the tuna canning industry.

Fifty years ago the tuna industry consisted of one cannery in San Pedro, California, supplied by a few boats fishing in nearby waters. Thus originated the industry that has made available the canned tuna now so abundant in our food markets.

For versatility, canned tuna wins the homemaker's vote every time, whether it's a full-fledged meal for the whole family or a quick snack for hungry youngsters. Protein-rich tuna is the perfect ingredient for many types of dishes. Nutritious salads and cold-weather casseroles are easily made and in short order when several cans of this fine food are handy on your kitchen shelf.

For a quick snack that the children will love, the home economists of the Fish and Wildlife Service suggest a Tuna Waldorf Salad.

TUNA WALDORF SALAD

2 7-ounce cans tuna
1 cup diced apples
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{4}$ cup chopped nuts
 $\frac{1}{2}$ cup mayonnaise or salad dressing

Drain tuna and flake. Combine all ingredients being careful not to break fish into too small pieces; chill. Serve in lettuce cups with a bright-colored garnish. Serves 6.

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